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L.A.'s 5 Best Hiking Trails

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March 7, 2011 Written by Sara Roderick

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Trail mix optional.



When the [treadmill](#) and elliptical just aren't doing it for you, grab a friend – or Fido – and head to any one of these five hiking trails for some of the best hiking Los Angeles has to offer.

Best Alternative to Runyon Canyon:

When getting ready for the hike requires more effort than the hike itself, it's time to switch things up. Those tired of Runyon's over-hyped and overcrowded trails should check out [Fryman Canyon](#) located just off Laurel Canyon. Here you will find solace in the pet-friendly trail with views of the San Gabriel Mountains.

Your Daily Thread tip: This path connects to Franklin Canyon and Coldwater Canyon Park—be sure to say hi to the folks at [TreePeople](#)!

Santa Monica Mountains' Hidden Gem:

Get your feet wet and your heart pumping as you hike up [Escondido Canyon's](#) tree lined trails. The hike is intersected by a running creek and ends at the wondrous Escondido waterfall. Spend some time relaxing by the fall or try your foot at some [scrambling](#), making your way to the upper tier (100 feet high) of the waterfall.

The Freshman Hike:

For those just beginning their hiking journey in LA, [Will Rogers State Historic Park](#) offers a moderately challenging hike with fantastic views! Make a day of it by taking a guided tour of Will Rogers' home, followed by a picnic on the lawn, then hike the three-mile loop to Inspiration Point and take in the breathtaking views of [Santa Monica](#) bay. For the adventurer (and those with a bit more experience), opt to take the Backbone Trail into the Santa Monica Mountains and spend the day hiking as far north as Point Mugu!

Your Daily Thread tip: try to find parking outside the parking lot, or risk paying \$12 for a spot.

You're So Hollywood, You're Right Behind the Sign:

Pack your [camera](#) and SPF and head to [Bronson Canyon](#). Part of Griffith Park, the trail takes hikers straight to the Hollywood Sign (well it's more of a steady incline). Reach the top and snap some photos with your pals by the big block letters and then take in the views of nearby features like the Observatory and the Hollywood Reservoir. Before calling it a day, head back down and make your way to the Bronson Canyon Caves which were the backdron to some of Hollywood's favorite shows. Like [Batman](#)

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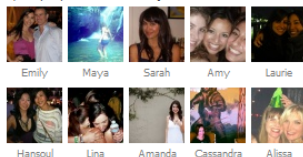
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The Remedy:

Clear your head – and that [hangover](#) – with fresh air and the beautiful surroundings of the **Temescal Canyon Loop**. Begin on the Temescal Canyon Trail where you can enjoy shaded paths by large oak and sycamore trees. The trail will gradually become more challenging as you hike towards a "seasonal" waterfall and footbridge. If you're still feeling guilty about that extra **cocktail** (or two), continue hiking up Temescal Canyon Trail towards "Skull Rock" where you can get an amazing view of the ocean.

Hike to it!

Images via [Pinterest](#) and Etsy user [thewheatfield](#).

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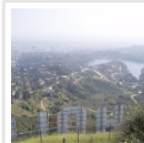
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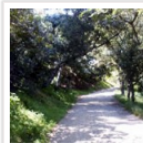
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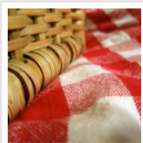
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maddie

it'd be really awesome if you could provide information on how to get to these places via public transportation. considering that people live all over, maybe from a central location such as downtown or union station. thanks!

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